

healthy COLUMBUS

THE CITY OF COLUMBUS

ANDREW J. GINTHER, MAYOR

DEPARTMENT OF HUMAN RESOURCES



Asian green

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Zesty Brussels Sprouts & Collard Greens Sauté	



2 tablespoons sesame oil
1/4 teaspoon red pepper
flakes
4 cloves garlic, thinly sliced
1 inch piece of fresh ginger,
minced
12 ounces french green beans
2 tablespoons coconut
aminos
1 tablespoon white wine
vinegar
1 teaspoon honey

NUTRITIONAL INFO:

4 servings

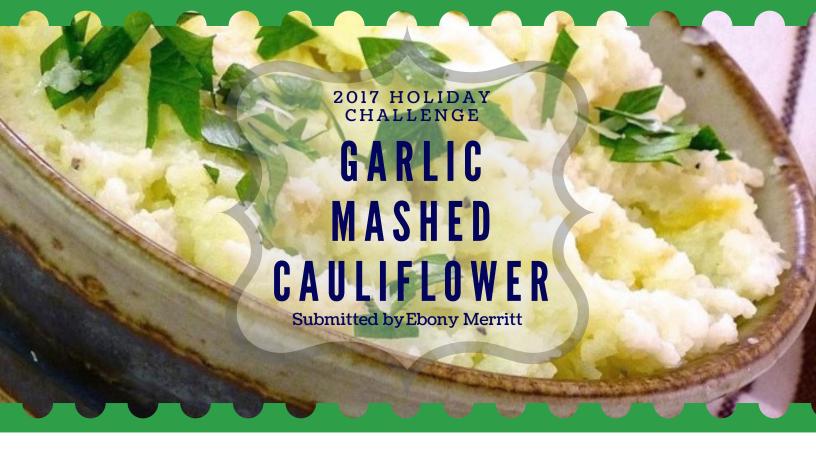
Per serving: Calories –
100
Fat – 6g
Sodium-150mg
Carbohydrates – 10g
Fiber - 2g
Protein- 2g

DIRECTIONS:

- l. Preheat a wok or large stainless steel skillet over high heat. Add the sesame oil and allow to heat for 20-30
- seconds. Add the red pepper flakes, garlic, and ginger and
- stir-fry for 30 seconds until fragrant.
- 2. Add the green beans and toss to combine with the garlic
- and ginger. Stir-fry, tossing and stirring until the beans
- begin to crisp on the ends and are becoming tender, about 5 minutes.
- 3. Pour in the coconut aminos, white wine vinegar, and
- honey. Stir to combine. Allow to simmer for 3-5 minutes
- until the beans are still crisp but tender and the sauce is
- thick and reduced.

HEALTHY TIP:

Green beans are a great source of fiber, vitamins and minerals. But what makes me really excited about this dish is the inclusion of garlic and ginger. Not only do these nutritional powerhouses help do everything from fighting cancer to soothing our stomachs, they are both potent immune boosters which is important during these winter months! Using raw, local honey can also help boost our immunity and health!



I head cauliflower, cut into florets I tablespoon olive oil I clove garlic, smashed I/4 cup grated parmesan cheese I tablespoon reduced fat cream cheese I/2 tsp kosher salt I/8 tsp freshly ground black pepper

NUTRITIONAL INFO:

4 servings

Per serving:
Calories - 100
Fat - 6g
Sodium - 250mg
Carbohydrates - 8g
Fiber - 4g
Protein - 5g

DIRECTIONS:

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover, and steam until tender, about 10 minutes.

Meanwhile, heat olive oil in a small skillet over medium heat; cook and stir garlic until softened, about 2 minutes.

Remove from heat.

Transfer half the cauliflower to a food processor; cover

• and blend on high. Add remaining cauliflower florets, one

• at a time, until vegetables are creamy. Blend in garlic,

• Parmesan cheese, cream cheese, salt, and black pepper.

HEALTHY TIP:

This dish is a great low calorie, low sodium and overall nutrient packed substitution for regular mashed potatoes. Using cauliflower in place of potatoes reduces the overall carbohydrate count and boosts nutrients, especially cancer fighting ones found in cauliflower!



l bunch collard greens, chopped into thin strips,

12 Brussels sprouts chopped into halves

l Tbsp extra virgin olive oil l medium-size red onion, sliced into thin half moons 6 cloves of garlic, minced 2 Tbsp dijon mustard 1/4 tsp fresh (minced) or dried oregano

l pinch salt

1/2 cup pecans

DIRECTIONS:

- To soften the Brussels sprouts and greens, first steam them in l cup of water in a covered pan, until tender
- Drain water from pan, move Brussels and collards to the side, into a covered bowl
- Heat I tablespoon of olive oil on medium heat in the pan
- Add the onions and cook for 2-3 minutes, or until onions are
- translucent
- Add garlic, cook for l minute
- Stir in the mustard and oregano
- Add collards and Brussels to the pan and toss with your spoon,
- to coat
- Add a pinch of salt along with the pecans, and cook on medium
- heat for 5-7 minutes, roughly stirring once per minute so that
 - the onions, garlic, mustard, and pecans cover all the vegetables

NUTRITIONAL INFO:

Servings: 6 Calories: 123 Total Fat: 9g Saturated Fat: 1g Sodium: 55mg Cholesterol: Omg Carbohydrate: 10g

Fiber: 4g Sugars: 2 Protein: 4g

HEALTHY TIP:

This dish goes hard on the greens and sounds heavenly! The collard greens provide a rich source of fiber, vitamins, minerals and phytochemicals called carotenoids – known for fighting certain cancers and lowering inflammation in the body. The Brussels sprouts also pack a nutrient punch and are being studied for their ability to prevent DNA damage (which can lead to cancer and heart disease).



l large head of broccoli (cut into l-in thick "steaks")
4 cloves garlic, thinly sliced
l tsp salt
l tsp pepper
red pepper flakes
2 Tbsp grated Parmesan
zest from half a lemon
3-4 Tbsp olive oil

NUTRITIONAL INFO:

4 servings

Per Serving:
Calories -125
Fat - 13g
Sodium - 625mg
Carbohydrates 5g
Fiber - 2g

Protein - 2g

DIRECTIONS:

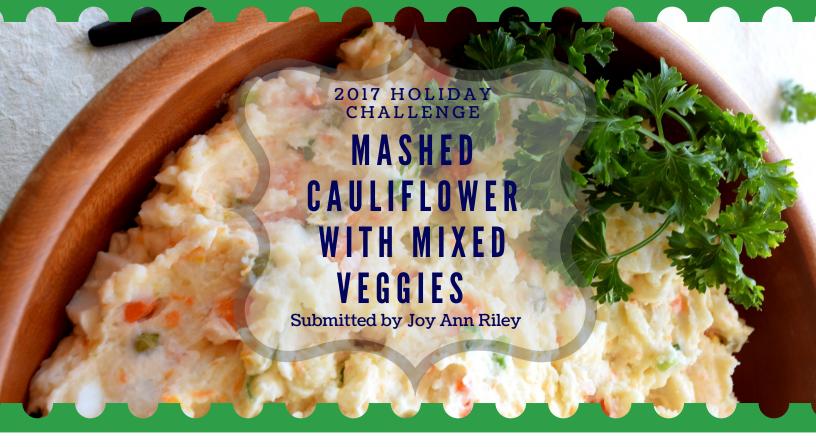
- l preheat oven to 425
- 2 add broccoli to parchment paper lined baking
 - sheet

zest.

- 3 sprinkle with salt, pepper, red pepper flakes, and oil and toss gently.
- 4 roast for 10 minutes, remove and add garlic
- slices, return to oven
 5 roast for 6 minutes, remove and sprinkle with
- Parmesan, return to oven
- 6 roast for 2 minutes, remove and dust with lemon
- -

HEALTHY TIP:

This is another low-calorie, high-nutrient dish that can be enjoyed anytime throughout the day or year! The simplicity makes it an easy one to make. The broccoli and garlic pack cancer fighting punches while providing fiber and other nutrients and the olive oil provides a good dose of heart healthy fats!



l large head of cauliflower l Bag of Frozen Veggies Pepper Salt

DIRECTIONS:

- Place one head of cauliflower in boiling water till very tender.
- Drain completely, return to pot.
- In second (smaller) pot, add 1/2 to 1 bag frozen
- mixed veggies, water, and boil till tender--drain completely.
 - While frozen veggies are cooking, mash the cauliflower to resemble "mashed potatoes."
- Add frozen veggies, salt and pepper to taste.
- Ready to eat as a meal or as a side dish.

NUTRITIONAL INFO:

See Healthy Tip

HEALTHY TIP:

Another mashed cauliflower recipe but with a twist – the addition of mixed veggies. This wonderful recipe can be prepared many ways depending on which veggies you choose to include. And while this makes doing a nutrient analysis tricky, I say load up on any and all veggies. Just keep in mind the butter which is about 100 calories and llg of fat per pat (Tbs).



1/2 cup Apple juice or water
4 cored, unpeeled apples
4 tsp apple-pie spice
(or 4 tsp
cinnamon/nutmeg/cloves
mixture)
Pinch of brown sugar

NUTRITIONAL INFO:

Apple (medium) –
calories 80, fat 0g,
sodium 0g,
carbohydrates 22g,
fiber 5g, protein 0g
Apple juice *4oz –
calories 55, fat 0g,
sodium 0g,
carbohydrates 14g,
fiber 0g, protein 0g
Brown sugar *1 Tbs –
calories 45, fat 0g,
sodium 0g,
carbohydrates 12g,
fiber 0g, protein 0g

DIRECTIONS:

- Place the 4 cored apples into the juice or water.
- Sprinkle some apple-spice (or make your own mixture
- of cinnamon/nutmeg/cloves) and a pinch of brown
- sugar into the cavities of the apples. Put lid on slower
- cooker and cook on low overnight you will wake up
- to a wonderful smell filling your house. Alternatively,
- start the slow cooker in AM, and come home to that
- delicious aroma! When cooked, apples can be placed in
- bowls with some of the juice for dessert (can add a
- dollop of Cool-Whip) OR served filled with oatmeal
 - for breakfast.

HEALTHY TIP:

- Because of the looseness of the recipe this one is hard to quantify the nutrient profile. However here are a few things to keep in mind. Apples are low in calories and high in fiber (load up). Try to minimize the high sugar juice and brown sugar additions and let the apple's natural sweetness come through. To the right is a nutrient breakdown of the key ingredients.

 One of the things I love about this dish is the loose recipe no
- One of the things I love about this dish is the loose recipe no need to measure or stress, just toss in some apples, spices and liquid and voila a yummy dish to be enjoyed many ways!

 Apples are great sources of fiber, especially soluble fiber which
- helps lower cholesterol. And the warming spices also each come
 - with their own health benefits so load up!



1. Brussels Sprouts (I use the whole bag of fresh Brussels Sprouts from the store)

2.Olive Oil

- 3. Salt (I like coarse kosher salt or sea salt)
- 4.Garlic powder (or fresh minced garlic)
 - 5. Cracked Pepper
- 6. 2 Granny Smith Apples 7. Shaved Asiago or Parmesan Cheese

HEALTHY TIP:

1. Preheat oven to 425 degrees

- 2. Wash, dry and cut Brussels Sprouts in half
- 3. Place Brussels Sprouts on a cookie pan
- 4. Drizzle with Olive Oil (a little goes a long way)
- 5. Sprinkle salt, garlic powder or minced garlic and crushed
- pepper on Brussels Sprouts
- 6. Use hands to make sure Brussels Sprouts are lightly coated
- with oil and salt/pepper/garlic (or use a gallon sized freezer bag
- and shake them around with the oil, salt/pepper/garlic)
- 7. Cook in oven for 10 minutes or until Brussels Sprouts get a
- little browned and crispy
- 8. Dice up Granny Smith apples while Brussels Sprouts are in
 - oven
- 9. In a large bowl, mix the cooked Brussels Sprouts and most of the apples.
 - 10. Top the dish with remaining diced apple and a little bit of shaved Asiago or Parmesan cheese

NUTRITIONAL •

INFO:

See Healthy Tip

Another loose recipe which I love! Cooking with intuition with the amounts and additions. However, like the others, this makes a nutrient analysis kind of hard. There are a few items to watch the amount - olive oil is about 120 calories per tablespoon and the shaved cheese is about 100 calories and 360 mg sodium per 1/4 cup. As for the other ingredients – load up on the Brussels sprouts, apples and garlic! These are fiber and nutrient rich foods which have links to lowering heart disease and cancer risk.



2 acorn squash $-1\frac{1}{2}$ - 2 pounds each, halved lengthwise and seeded, salt

l package 10 oz frozen spinach, thawed and squeezed dry 3/4 cup chopped peppers 1/3 cup chopped onions 3/4 cup crumbled feta 1/2 cup quinoa cooked 2 tbsp balsamic vinegar

DIRECTIONS:

Roast seasoned squash, cut side down on greased baking sheet at 400 for 20 minutes. Spread vegetables on sheet alongside squash. Roast until squash is tender and vegetables are hot, about 10 minutes. In a bowl, mix remaining ingredients with spinach, peppers and onions; season with salt & pepper. Spoon into squash.

NUTRITIONAL INFO:

4 servings
Per Serving:
Calories - 375
Fat - 6g
Sodium - 675mg
Carbohydrates62g
Fiber -10g
Protein -15g

HEALTHY TIP:

This is a great, plant based dish which still provides a great amount of protein! This is due in part to the quinoa – a grain which is very high in, and almost a complete, protein. The squash is a rich source of fiber and beta-carotene, a nutrient which provides the nice orange color and is found to help fight breast, prostate and other cancers as well as lower inflammation in the body. My only suggestion would be to only add salt at the end if needed as this dish already comes with a good amount of sodium and flavor. Keep in mind, I tsp table salt = 2300 mg sodium.



2 pounds red or baby potatoes

1/4 cup extra virgin olive oil
5-7 cloves garlic, minced or
halved, to taste
2 TBLS fresh or dried rosemary
1 teaspoon rock or Himalayan
salt, to taste
1 teaspoon coarse black pepper,
to taste
Fresh Romano or Parmesan
cheese, grated (optional)

Water for simmering

DIRECTIONS:

- l.Preheat oven to 375°F (190°C)
- 2.Clean and cut potatoes into preferred bite size pieces.
- 3. Place potatoes in a large pan of water, bring to a boil.
- Lower heat and simmer for 8-10 minutes or until soft.
- Drain and cool immediately so the potatoes do not get
- overdone.
- 4.Place the potatoes on a baking sheet. Drizzle evenly
- with oil, rosemary, garlic, salt and pepper. Make sure to
- coat the potatoes well with oil so they do not stick to the
- pan. As well, too much oil can make the potatoes greasy,
- so don't overdo it. You want just enough to prevent burning.
- 5.Bake potatoes for 15-20 minutes, or until golden
- brown.
- 6.Remove from heat and sprinkle with cheese if desired.
- Serve hot

NUTRITIONAL INFO:

4 servings
Per Serving:
Calories - 275
Fat -14g
Sodium -240mg
Carbohydrates 3lg
Fiber - 4g
Protein -4g

HEALTHY TIP:

Potatoes get a bad rap but they are actually an excellent source of potassium and other nutrients and can be enjoyed when consumed in moderation. The addition of rosemary provide additional immune boosting, inflammation lowering and antioxidant benefits. And using Himalayan salt in place of table salt significantly reduces the amount of sodium (800 mg/tsp vs 2300 mg/tsp) because of the larger rock size.



l can original Ro-Tel
l can black beans
l can Mexicorn
l small red onion
Cilantro to taste
l packet powdered
Italian dressing
2 Tbsp. olive oil
Juice of 1 lime
2 avocados

DIRECTIONS:

- l. Add Ro-Tel to a large bowl (don't drain).
- 2. Rinse and drain black beans. Add to Ro-Tel.
- 3. Drain Mexicorn. Add to Ro-Tel and black beans.
- 4. Finely chop red onion and cilantro. Add to salsa.
- 5. Add Italian dressing and olive oil to salsa. Mix well.
- 6. In a small bowl, squeeze juice from l lime. Set aside.
 - 7. Roughly chop avocados. Add to lime juice and stir to coat.
 - 8. Add avocado and lime juice to salsa. Fold in.
- 9. Refrigerate until chilled. Serve as a side dish, as a topping for chicken, fish, beef, or pork, as a taco filling, or with baked tortilla chips.

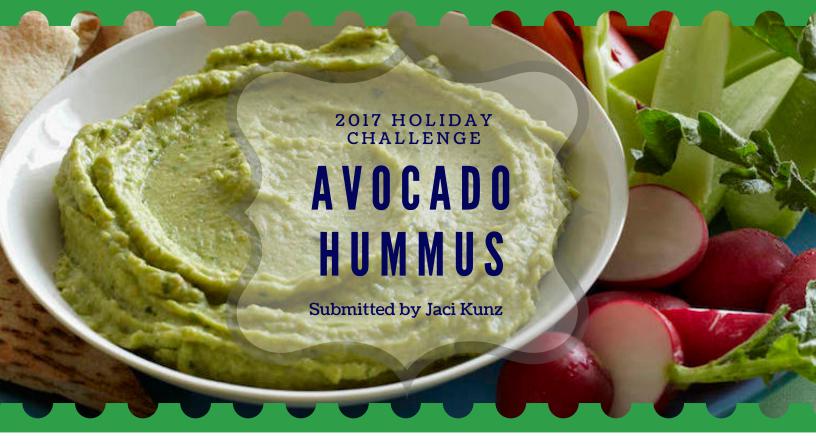
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NUTRITIONAL INFO:

l2 servings
Per Serving:
Calories -125
Fat - 6
Sodium -175mg
Carbohydrates- 14g
Fiber - 4g
Protein - 3g

HEALTHY TIP:

This colorful salsa can make a great dip or can top meat and veggie dishes to add more flavor and nutrients. This dish is high in fiber from the tomatoes, beans and corn. The tomatoes also get their bright red color from a phytochemical called lycopene – one that is being extensively studied for its ability to fight prostate cancer and prevent breast cancer. So ladies and gentlemen, eat up!



1 (15 oz) can chick peas, well drained
2 medium ripe avocados, cored and peeled
(13 oz before cored and peeled)
3 Tbsp olive oil, plus more for serving if
desired
11/2 Tbsp tahini
3 Tbsp fresh lime juice
1 clove garlic, peeled

Salt and freshly ground black pepper 1/8 tsp cumin

l - 2 Tbsp finely chopped cilantro leaves, for topping

Red pepper flakes, for topping

DIRECTIONS:

Pulse chick peas, olive oil, tahini, lime juice, and garlic in a food processor until smooth, about 2 minutes. Season with salt and pepper to taste (I did a scant 1/2 tsp salt and about 1/8 tsp pepper), add cumin and avocados and pulse mixture until smooth and creamy, about 1-2 minutes longer.

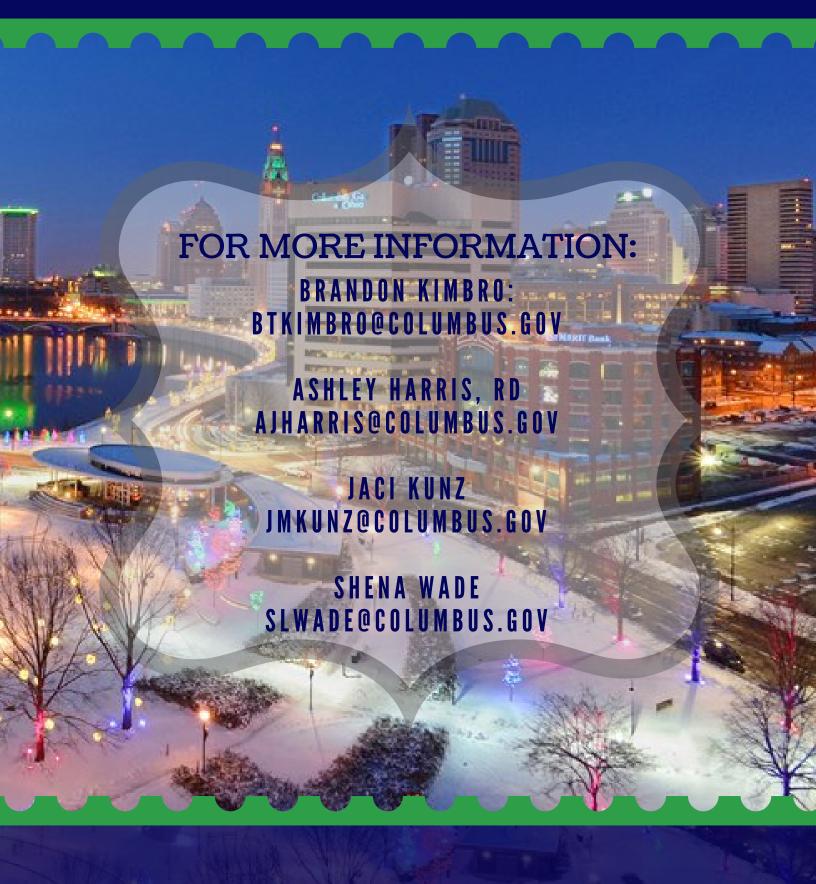
Serve topped with more olive oil if desired and sprinkle with cilantro and red pepper flakes. Serve with pita chips or tortilla chips.

NUTRITIONAL INFO:

Per serving: Calories 200
Fat - 16g
Sodium 160mg
Carbohydrates - 7g
Fiber -5g
Protein - 4g

HEALTHY TIP:

My mouth was watering when reviewing this recipe and it is one I can't wait to try out myself! The chick peas are rich sources of fiber, protein and minerals (including iron and magnesium). And while this dish may look high in fat, the fat from olive oil and avocados is the healthy type which helps lower bad cholesterol and reduce inflammation. I suggest trying this on some crisp veggies (jicama, cucumber, carrots, etc.) to really maximize the health benefits.





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